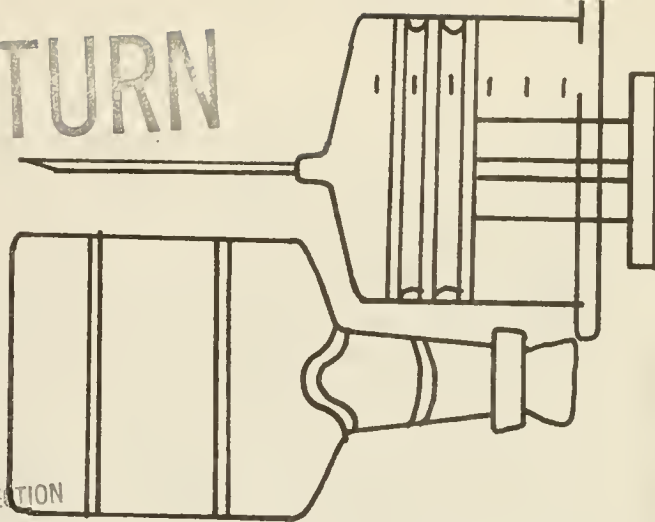


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HABIT



MONTANA ADDICTIVE DISEASES NEWSLETTER
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VOLUME, 1 NUMBER 3

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REMINDER TO THE READERS

The Montana Addictive Diseases Unit of the Governors office and the Alcohol Services Division of the Department of Health and Environmental Sciences, have been administratively united within the Department of Institutions as of July 1, 1975.

At this time there is no information available concerning the new organizational or administrative setup and initially things will operate as they have in the past. Both organizations will be operating at their present locations, and using their same phone numbers. As soon as more information is available concerning future changes, we will publish it in the following issues.

ADU NEWSLETTER GIVEN NEW NAME AND NEW ROLE

As of July 1, 1975, the ADU Newsletter will change its name to THE HABIT. Not only has the newsletter been given a new name, but also the new role of publishing both pertinent drug and alcohol information. THE HABIT will hopefully keep those people working in the drug & alcohol fields informed on important and interesting news concerning drug and alcohol abuse.

Although THE HABIT will be a bimonthly publication funded by the Department of Institutions, its contents will belong to all those people dealing with drug and alcohol abuse within the State of Montana. THE HABIT's staff will need input from all these people to make this a beneficial newsletter. Any pertinent information, articles, events or news that you would like printed in THE HABIT should be forwarded to:

THE HABIT
Addictive Diseases Unit
Capitol Station
Helena, Montana 59601

DRUG TRAINING SURVEY

Currently the Office of the State Drug Abuse Authority is involved in planning for a long range comprehensive training program. This program will hopefully increase the skill level of staff persons currently working, or who plan to work in drug abuse fields.

In the next few weeks specified drug programs will be surveyed to gather information concerning personnel training needs and staffing patterns. Also, an additional survey to gather training resources will be conducted to initiate a training resource inventory.

THE HABIT is published bimonthly by the Addictive Diseases Unit, 1716 9th Avenue, Capitol Sta., Helena, Montana; Ph : (406)-449-2827. The Addictive Diseases Unit is the special Action Office for Drug Abuse Prevention, under the Department of Institutions.

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Deadline:

Deadline for information included in the September-October issue of THE HABIT is Wednesday, August 27, 1975.

CALENDAR

The following is a list of upcoming training events for the months of July, August, and September.

Training of Trainers
Course July 21-25

Making a Difference with Youth
Course Aug. 4-8

Training of Trainers
Course Sept. 8-12

Methadone Management
Course Sept. 15-19

Making a Difference with Youth
Course Sept. 15-19

ALASKA OK'S PRIVATE POT

Alaska became the first state to legalize possession of marijuana for private use in one's home. The decision 5-0 by the Alaska Supreme Court in a marijuana conviction appeal by Irwin Rabin of Anchorage declared unconstitutional Alaska's statute prohibiting possession at home for personal use.

Left untouched were penalties for public possession and use, and sales said by the justices to be related to a "compelling interest" of the state.

The majority opinion by Chief Justice Jay Rabinowitz stated that there is no firm evidence that marijuana is generally dangerous.

"One aspect of a private matter," the court said, "is that it is private: that is, that it does not adversely affect persons beyond the actor, and hence is none of their business...."

"The right to privacy would encompass the possession and ingestion of substances such as marijuana in a purely personal, noncommercial context in the home..."

The Alaska Legislature had only 10 days previously decriminalized private consumption, substituting a civil fine of \$100. The ruling apparently voids this penalty also.

Commenting on the ruling, R. Colin Middleton, Anchorage lawyer who helped to argue the case, said, "you can now ring your yard with marijuana if you want to."

MORE SNOW IN THE FORECAST

Cocaine may be supplanting heroin as the leading narcotic drug in the United States. Massive confiscations of the stimulant by officials account for only approximately 5% to 10% of the total amount smuggled into the country. In July alone, shipments worth more than \$3 million street value were seized by the Bureau of Customs.

Frequently called "the rich man's drug" due to its high cost (often as much as \$75 a spoon), cocaine was long considered to be non-productive of dependence. Freud first experimented with it as a cure for morphine dependence. But while the physical withdrawal symptoms are mild compared to those of alcohol, barbiturate or opiate withdrawal; the main psychological symptom of depression is acute. Compulsion to resume use is strong. In addition, dependence can lead to severe psychosis while the drug is still being used. A lethal dose produces convulsions, coma and death from respiratory arrest.

Although it can be injected, cocaine is usually sniffed or "snorted." The user experiences exhilaration and euphoria but the increased energy and self-confidence rapidly give way to anxiety and depression. Since exhilaration is short, and not usually more than 10 to 15 minutes, the chronic misuser will administer the drug at regular intervals for several hours to offset the depression symptoms, or he may combine it with a longer lasting euphoric agent such as heroin.

SMDP SUBMITS FOURTH YEAR GRANT

The Southwestern Montana Drug Program recently submitted a continuation grant application to the National Institute

Drug Abuse. The continuation application was submitted with the approval and recommendations of the SMDP Regional Advisory Board and local advisory committees.

In its fourth funded year of operation, the SMDP plans to continue providing comprehensive drug treatment and rehabilitation services to citizens of the area it serves, Montana Mental Health Region IV. Services will be provided to a projected 630 program clients, in outpatient, inpatient, and residential settings.

In the coming grant year, the Butte treatment center and the Regional Office will share office space and secretarial personnel in order to provide more efficient and high quality service to clients. An additional professional counselor has been hired at the center, and a psychiatric social worker is also being recruited for the next year. Treatment units in Anaconda, Helena, and Bozeman are fully staffed.

During the fourth year, 80% of the Southwestern Montana Drug Program Inservice Training Specialist's time will be contracted to Montana's Addictive Diseases Unit, which has a NIDA contract to provide training services here.

The Southwestern Montana Drug Program begins its fourth year on Nov. 1, 1975.

ALCOHOL ON CAMPUS

CONTRARY TO expectations five yrs. ago, alcohol has become firmly entrenched as the favorite "drug" of the United States college men.

A study of 834 men, surveyed first as freshmen in the autumn of 1970 and again in the spring of 1973, showed a significant increase in heavy (three times a week or more) use of alcohol but no change in heavy use of marijuana.

"Five years ago, people were frightened

about the use of marijuana and heroin," said Glenn D. Mellinger of the Institute of Research in Social Behavior, Berkeley, California.

"Alcohol was then thought to be "irrelevant," he said.

A study showed that 9 out of 10 of those surveyed used alcohol or marijuana or both but that only 26% could be classified as heavy users of either substances.

At the time of the first survey, 56% had used marijuana in the past year (63% in 1973) and 85% had used alcohol (89% in 1973.)

Two thirds of the marijuana users had used only marijuana and three fourths of the alcohol users had used only alcohol and that was almost entirely in the form of beer or wine.

A different picture, however, emerged in terms of frequency of use.

As freshmen, 13% of the marijuana users used the drug three or more times a week while only 6% of those who drank used alcohol that frequently.

"No change was noted in the number who used marijuana frequently in the second survey but the incidence of frequent use of alcohol had jumped to 17%, "he said. "This, "he said, "did not necessarily mean the substance use caused problem behavior. "

A high incidence of use of both substances was also noted.

"In the first study, 84% of the marijuana users said they also used alcohol. By 1973, the figure had risen to 95%," he said. "In both surveys, 60% of those who drank alcohol said they had also tried or used marijuana," he said.

(The Journal, Vol. 4, No. 4.)

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